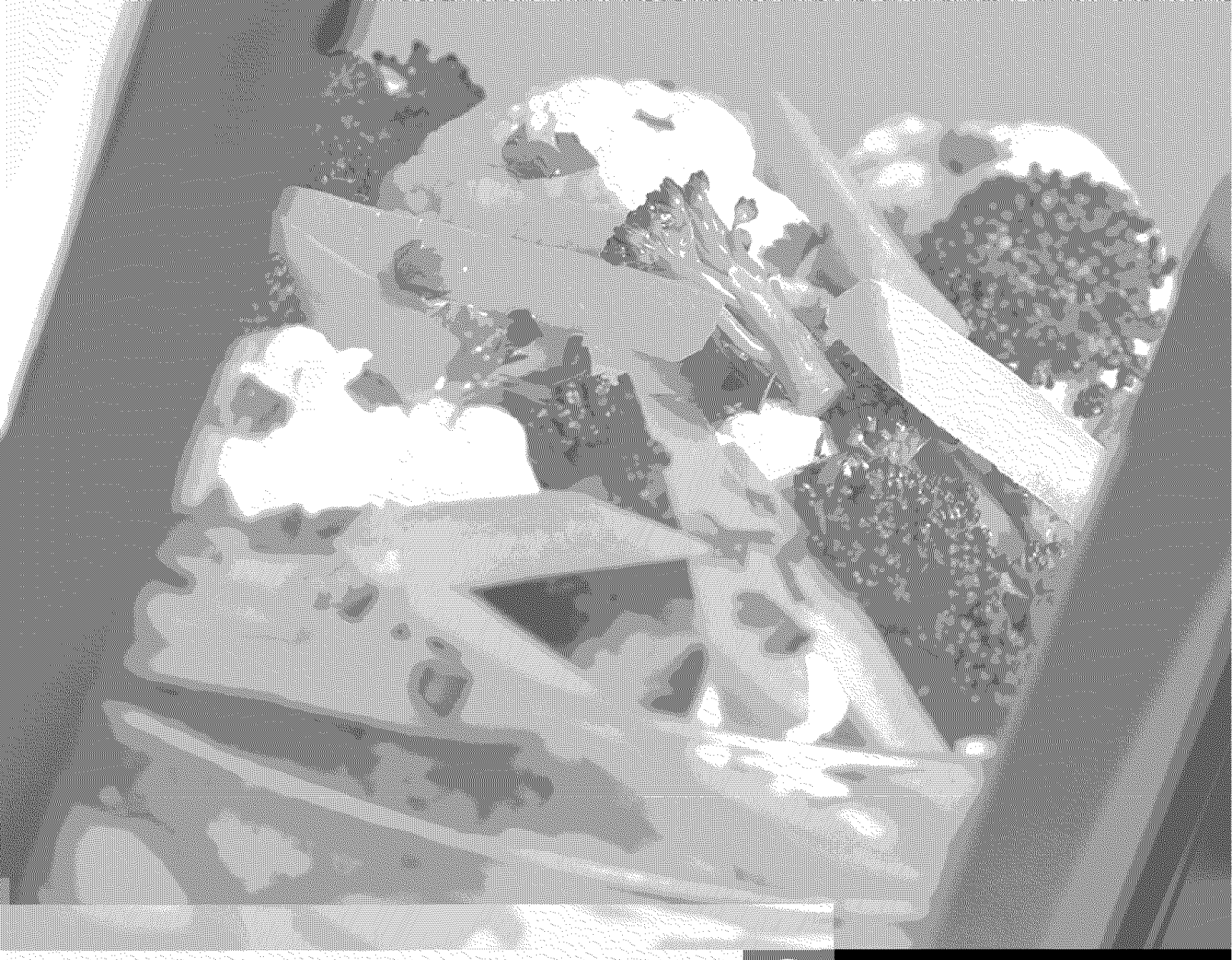


Household Appliances

Built-in Microwave Oven

Use and Care Manual

For Models: HMB402, HMB405, HMB406

PLEASE READ ENTIRE INSTRUCTIONS BEFORE PROCEEDING
IMPORTANT: Save these instructions for the local electrical inspector's use.
INSTALLER: Please leave these Installation Instructions with this unit for the owner.
OWNER: Please retain these instructions for future reference.

BOSCH

A Special Message to Our Customers

Thank you for buying a Bosch built-in microwave oven. We recommend that you take the time to read this entire booklet before using your new appliance.

We hope that the information in this manual will help you easily operate and care for your oven for years of satisfaction.

Please contact us if you have any questions or comments. Phone us at 1-800-828-9165 or reach us through our website at www.bosch-usa.com.

You may write to us at:

Customer Support Call Center
Bosch
5551 McFadden Avenue
Huntington Beach, CA 92649

Always include the model number and serial number with all communications.

Sincerely,

Bosch Application Lab

Contents

Microwave Registration and Safety Instructions 2–5
Microwave Oven Registration 2
Precautions to Avoid Possible Exposure to Excessive Microwave Energy 3
Microwave Safety Instructions 3
Important Safety Instructions 4–5
Microwave Oven Parts Identification and Specifications 6
Control Panel Quick Reference 7
Cooking in the Microwave Oven 8
Cookware Guide and Cooking Tips 9
Utensils Recommended for Microwave 9
Covering Foods During Cooking 9
Microwave Accessories 9
Not Recommended for Microwave Oven 9
Tips for Cooking in the Microwave 9
Using Your Microwave Oven 10–17
Before Operating 10
Setting the Clock 10
Child Lock 10
Using the Timer 10
Timed Cooking 11
Manual Defrost 11
Popcorn 11
Power Level Recommendations 12
Smart Sensor Recommendations 13
Auto Cook 14
Reheat 14
Personal Choice Features 15
Defrosting 16
Quick Defrost 16
Auto Defrost 16
Multi-Stage Cooking 17
Cooking Tips 18–19
Meat 18
Poultry 18
Fish 19
Trouble Shooting: Questions and Answers 20–22
Oven Operations 20
Cooking Food 21
Before Calling for Service 22
Federal Communications Commission Radio Frequency Interference Statement (USA only) 22
Care of Your Microwave Oven 23
How to Obtain Service 24
Bosch Built-In Microwave Oven Warranty 24
Service Data Record 24
Microwave Oven Quick Guide ..... Back Cover

Microwave Oven Registration

YOUR MICROWAVE OVEN MUST BE REGISTERED

It is a Federal requirement that records be maintained on the location of all microwave ovens.

Therefore, please:

1. Fill in the registration card and mail it to us. (The registration card is packed with this manual in the plastic bag.)
2. If you are not the original purchaser of this appliance or if the card is missing, please establish your ownership by writing to us at:

   Bosch
   Microwave Registration
   5551 McFadden Avenue
   Huntington Beach, CA 92649

3. When writing to us about your oven, please be sure to include the model and serial number.

Microwave Identification Plate

Copy the model and serial number from the microwave identification plate (see Page 6). Keep your invoice for warranty validation. Fill in the information below as a handy reference.

Dealer's Name	Service Center	Model Number / Date of Purchase
Dealer's Telephone Number	Service Center's Telephone Number	Serial Number

⚠ Precautions to Avoid Possible Exposure to Excessive Microwave Energy

(a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:
(1) door (bent)
(2) hinges and latches (broken or loosened)
(3) door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

Microwave Safety Instructions

Glass Tray

1. DO NOT operate the oven without the Roller Ring and the Glass Tray in place.
2. DO NOT operate the oven without the Glass Tray fully engaged on the drive hub. Improper cooking or damage to the oven could result. Verify that the Glass Tray is properly engaged and rotating by observing its rotation when you press START.
3. Only use the Glass Tray specifically designed for this oven. Do not substitute any other glass tray.
4. If the Glass Tray is hot, allow to cool before cleaning or placing in water.
5. DO NOT cook directly on the Glass Tray. Always place food in a microwave-safe dish or on a rack set in a microwave-safe dish.
6. If food or utensil on the Glass Tray touches the oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal: the Glass Tray can turn in either direction.

Roller Ring

1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. Roller Ring must always be used for cooking along with Glass Tray.
3. Always replace the Roller Ring and the Glass Tray in their proper positions.

⚠ Important Safety Instructions

Your microwave oven is a cooking device and you should use it with as much care as you use with a range or any other cooking device. When using this electric appliance, basic safety precautions should be followed, including the following:

⚠ WARNING

To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy, observe the following:

1. Read all instructions before using the appliance.
2. Read and follow the specific **"PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY,"** found on Page 3.
3. This appliance must be grounded. Connect only to properly grounded outlet. See "Grounding Instructions" found in Installation Instructions.
4. Install or locate this appliance only in accordance with the Installation Instructions.
5. Do not cover or block any openings on this appliance.
6. Use this appliance only for its intended use as described in this manual. DO NOT use corrosive chemicals, vapors, or nonfood products in this appliance. This type of oven is specifically designed to heat or cook. It is not designed for industrial or laboratory use. The use of corrosive chemicals in heating or cleaning will damage the appliance and may result in radiator leaks.
7. When cleaning surfaces of door and oven that come together upon closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
8. Do not allow children to use this appliance unless closely supervised by an adult.
9. Liquids that are superheated beyond boiling can erupt or splash when moved or stirred. To avoid this and to reduce the risk of injury:
   (a) Do not overheat the liquid.
   (b) Stir the liquid both before and halfway through heating.
   (c) After heating, allow the container to stand in the microwave oven for a short time before removing the container.
   (d) Use extreme care when inserting a utensil into the hot liquid.
10. Avoid using corrosive vapors, such as sulfide and chloride.
11. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (instant coffee, etc.), resulting in harm to the oven and possible injury. For best results in all containers, stir the liquid several times before heating. Always stir liquid several times between reheating.
12. Some products such as whole eggs, narrow-neck bottles, sealed containers and closed glass jars may explode and should not be heated in this oven.
13. To reduce the risk of fire in the oven cavity:
   (a) Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
   (b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.
   (c) If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
   (d) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.

SAVE THESE INSTRUCTIONS

For proper use of your oven, read remaining safety cautions and operating instructions.

⚠ Important Safety Instructions

Please read all instructions before using this appliance.

General Microwave Use

1. DO NOT operate the oven while empty. The microwave energy will reflect continuously throughout the oven, causing overheating if food or water is not present to absorb energy. This could damage the oven and result in a risk of fire.
2. DO NOT dry clothes, newspapers or other materials in oven, or use newspapers or paper bags for cooking. Fire could result.
3. DO NOT use recycled paper products unless the paper product is labeled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and result in fires when used.
4. DO NOT hit or strike control panel. Damage to controls may occur. Fire could result.
5. POT HOLDERS should always be used when removing items from the oven. Heat is transferred from the HOT food to the cooking container and from the cooking container to the Glass Tray. The Glass Tray can be very HOT after removing cooking container from oven.
6. DO NOT store flammable materials next to, on top of, or in the oven. These could be fire hazards.

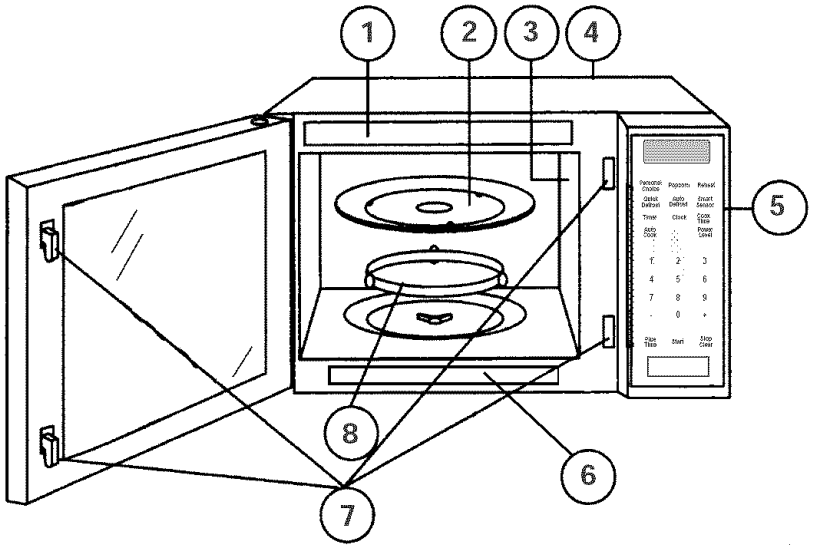
General Appliance Safety

- Use this unit only in the manner intended by the manufacturer. If you have any questions, contact the manufacturer.
- Be sure the oven is properly installed and grounded by a qualified technician.
- Children and pets should not be left alone or unattended in the area where the appliance is in use. They should never be allowed to sit or stand on any part of the appliance.
- Never use the oven to warm or heat a room. Such use can damage the oven parts.
- For personal safety, wear proper apparel. Loose fitting or hanging garments should never be worn while using this appliance. Tie long hair so that it doesn't hang loose.
- Do not repair or replace any part of the appliance unless specifically recommended in this manual. All other servicing should be referred to an authorized servicer.
- Do not store flammable materials in or near the oven.
- Do not use water on a grease fire. Smother fire or flame or use a dry chemical or foam-type extinguisher.
- Use only dry potholders. Moist or damp pot-holders on hot surfaces may result in burns from steam. Do not let a potholder touch hot heating elements. Do not use a towel or other bulky cloth.
- In the event that personal clothing or haircatches fire, DROP AND ROLL IMMEDIATELY to extinguish flames.
- As a precaution, it is highly recommended that a fire extinguisher be readily available and highly visible next to any cooking appliance.

SAVE THESE INSTRUCTIONS

For proper use of your oven, read remaining safety cautions and operating instructions.

Microwave Oven Parts Identification



1. Cooking Guide:
   Popcorn, Smart Sensor, Reheat, Auto Cook,
   Auto Defrost, Quick Defrost
2. Glass Tray
3. Internal Air Vents
4. External Air Vents
5. Control Panel
6. Microwave Identification Plate
   and Serial Number
7. Door Safety Lock System
8. Roller Ring

Microwave Specifications

AC Line Voltage	120V, 60Hz
AC Power Required	13 AMPS
Microwave Wattage Output	1100 watts (IEC Test Procedure*)
Operating Frequency	2450 MHz
Outside Dimensions (WxDxH)	$23^{7}/_{8}$" x $19^{13}/_{16}$" x $13^{9}/_{16}$"
Oven Cavity Dimensions (WxDxH)	$17^{17}/_{32}$" x $18^{21}/_{32}$" x $10^{7}/_{8}$"
Oven Capacity	2.1 Cu. Ft.
Cooking Uniformity	Turntable system

*The International Electrotechnical Commission's (IEC) standardized method for measuring output wattage.

Control Panel Quick Reference

The touch control panel allows you to set the oven controls with the touch of a finger. It is designed to be easy to use and understand. Scrolling text provides step-by-step instructions to help through the process.

1. DISPLAY: Displays the timer, the time of day, cooking time, power level being used and cooking functions selected.

2. PERSONAL CHOICE: Touch this pad to change the oven's default settings for sound, clock, scroll speed, lbs/kg and demo on/off.

3. QUICK DEFROST: This function lets you defrost quickly for up to 1 pound of frozen food. Three food choices are available and the oven will automatically set the defrosting time for each food.

4. AUTO DEFROST: This feature allows defrosting of meat, poultry and fish with weight selection of 0.1 to 6.0 pounds.

5. TIMER: This feature uses no microwave energy; it functions as a kitchen timer.

6. AUTO COOK: This feature allows you to cook food without entering a cook time or power. Six food choices are available with this mode.

7. + / – PADS: Press to add or subtract 10 seconds during AUTO COOK or timed cook programs.

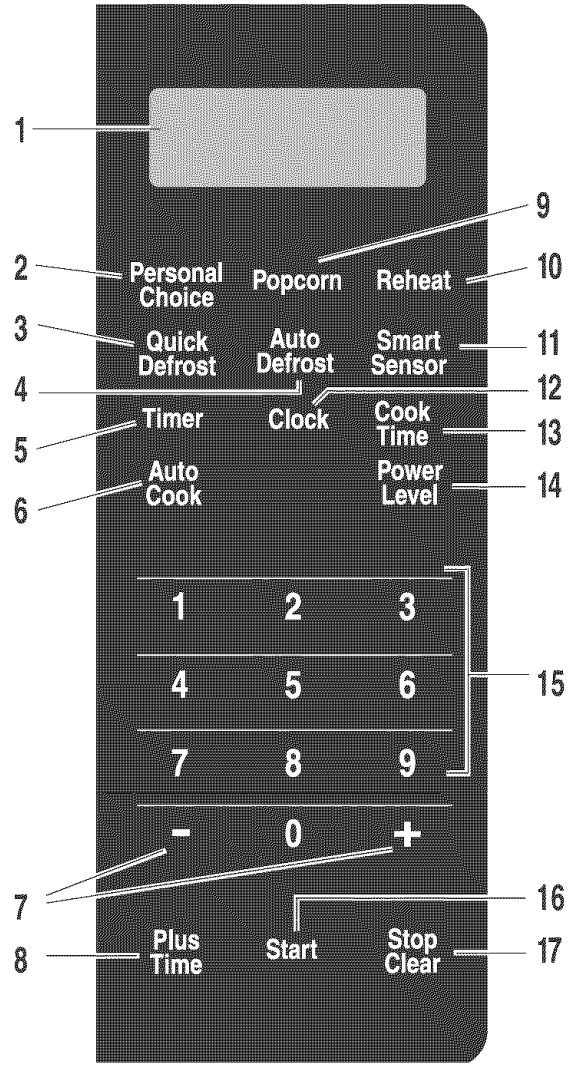
8. PLUS TIME: A great time-saver for quick cooking. Press to add 30-second increments and cook without pressing START.

9. POPCORN: The oven will pop corn automatically using the sensor.

10. REHEAT: This feature allows you to reheat pre-cooked room-temperature or refrigerated foods without selecting cooking times or power levels.

11. SMART SENSOR: Cook most of your favorite foods without having to select cooking times and power levels. Ten food categories are available.

12. CLOCK: This is a 12-hour clock and can be switched from AM to PM. See Page 10.



13. COOK TIME: Allows you to program a specific cook time and power level.

14. POWER LEVEL: Ten power levels are available, from low to high.

15. NUMBER PADS: Used for selecting food category, time and power level.

16. START: Begins operation.

17. STOP/CLEAR: Clear display or stop operation.

Cooking in the Microwave Oven

IMPORTANT: Do not overcook food; fire could result. Proper cooking depends on selecting the correct power level and cooking time for the amount of food in the oven. Smaller portions of food that are cooked too long may catch fire. Always have food in the microwave oven when it is on to absorb the microwave energy. When using the oven at power levels below 100%, you can hear the magnetron cycling on and off. Condensation is a normal part of microwave cooking. Covered foods will not cause as much condensation as uncovered ones. Do not block oven vents. This oven is rated for 1100 watts by using the IEC Test Procedure. When cooking foods, check for doneness 1-2 minutes before the minimum time and add time accordingly.

FOOD ITEM OR PROCESS	DO...	DON'T...
Home Canning		• heat, cook or can in closed glass jars or air tight containers. • can in the microwave as harmful bacteria may not be destroyed.
Drying		• dry meats, herbs, fruits, vegetables, gourds, wood items or wet papers. • dry nuts or seed in the shell.
Foods with Nonporous Skins or Shells	• pierce skins of potatoes, apples, whole squash, hot dogs and sausages so that steam can escape. • puncture whole egg yolks before cooking to prevent explosion.	• cook eggs in the shell. • reheat whole eggs.
Popcorn	• use popcorn packaged for microwave ovens.	• leave oven unattended when popping popcorn. • use brown paper bags or glass bowls to pop corn in.
Baby Food **Baby Formula or Milk**	• place baby food in a small dish and heat gently, stir often, and check temperature before serving. • place nipple or cap on bottles after slightly heating formula or milk. Shake thoroughly. Always "wrist test" before feeding.	• heat baby food in the original jars. • heat bottles with nipple or cap on. • heat bottles with disposable liners.
General	• use plastic ties or cotton string to close oven cooking bags. • stir liquids before and after heating to help prevent "eruption." • cut open baked items with fillings to allow steam to escape and avoid burns. • check temperatures before eating. Pizza sauce can become extremely hot.	• use wire twist-ties to close an oven cooking bag. • deep fat fry. • use paper towels or cloths that contain a synthetic fiber woven into them (the fiber may cause the towel to ignite).

Cookware Guide and Cooking Tips

Most heat-resistant, non-metallic cookware is safe for use in your microwave oven. However, to test cookware before using, follow these steps:

1. Place the empty cookware in the microwave oven.
2. Measure 1 cup of water in a glass-measuring cup and place cup in the oven next to the cookware.
3. Microwave on 100% power for 1 minute. If the dish is warm, it should not be used for microwave cooking.

Utensils Recommended for Microwave

- Ovenproof Glass (Pyrex®)
- Glass ceramic (i.e. Pyroceram®, Corning Ware®)
- China and other dishes without metallic trim
- Microwave-safe pottery, stoneware, porcelain
- Microwave-safe paper plates, paper cups, paper napkins, paper towels, waxed paper. Refer to the manufacturer's label for use of any paper product in the microwave oven.
- Browning dish - Follow manufacturers directions for preheating dish.
- Plastic Wrap - use wraps specifically labeled for the microwave; use during cooking and reheating. DO NOT allow plastic wrap to touch food.
- Straw, wicker and wood - use for reheating only at a low serving temperature.

Covering Foods During Cooking

- Paper towels are good for covering food during reheating or to absorb fat when cooking bacon.
- Wax paper or parchment paper can be used for cooking and reheating.
- Plastic wrap that is specifically labeled for microwave use. Do not allow plastic wrap to touch the food and vent so steam can escape.
- Microwave-safe oven cooking bags are good for aiding in tenderizing meats and other foods. Do not use metal twist tie that may be provided with bag. Slit bag so steam can escape.
- Microwave-safe lids. Vent as needed.
- Small pieces of foil may be used to prevent over cooking, such as for shielding poultry legs and wings or corners of brownies in a square or rectangle baking dish. Note that aluminum foil should be at least one inch from any surface of the microwave oven.

Microwave Accessories

Many microwave accessories are available in the market. However, Bosch 0is not responsible for any damage to the oven or to oven parts when microwave accessories are used.

Not Recommended for Microwave Oven

- Metal utensils, metal pans and metal bakeware
- Metal skewers
- Metal thermometers
- Foil trays
- Glass that is not heat-resistant
- Food carton with metal handle (i.e. take-out carton)
- Non-microwave-safe plastics (i.e. margarine tubs)
- Styrofoam containers or cups
- Metal or non-microwave-safe plastic commuter beverage containers
- Metal twist ties
- Metal-trimmed or metal-banded dinnerware, casserole dishes, etc.
- The Corning Company recommends that you do not use Centura® tableware and some Corelle® closed-handle cups for microwave cooking.
- Food storage bags
- Recycled paper products
- Brown paper bags
- Avoid large sheets of aluminum foil as it will hinder cooking and may cause arcing.

Tips for Cooking in the Microwave

- Arrange food in a circular pattern with the thickest areas toward the outside of dish.
- Most foods will cook and reheat more evenly when covered.
- Pierce or score foods with skins or membranes allowing steam to escape.
- Stir foods from the outer edges toward center of utensil or turn over once during cooking.
- Allow foods to stand to complete cooking before serving. Some foods, such as meats, will require covering during standing time.
- Avoid adding extra cooking time. First check for doneness of foods. Watch for signs indicating that cooking temperatures have been reached:
  - Food is steaming
  - Poultry thigh joints are easy to move
  - Fish flakes easily with a fork
- Baked items will cook more during standing time. Foods should not be served immediately; remember the required standing time.

Using Your Microwave Oven

Before Operating

Before operating your new microwave oven make sure you read and understand this Care and Use Manual.

Before oven is used, follow these steps:

1. Place Roller Ring and Glass Tray in oven.
2. Close the door.

Setting the Clock

Example: You want to set the clock for 12:30 p.m.

PROCEDURE	DISPLAY
1. Touch CLOCK.	*AM ENTER TIME OF DAY*
2. Touch CLOCK again to switch between AM and PM.	*PM ENTER TIME OF DAY*
3. Enter the time by touching the numbers in order: 1 2 3 0	*12:30 P TOUCH START*
4. Touch START.	*12:30 P*

Child Lock

Child lock is a safety feature used to lock the control panel so that so that it cannot be operated. To set child lock, touch STOP/CLEAR once. Touch and hold START until **LOCKED** appears in the display. To cancel child lock, touch and hold START for four seconds until **LOCKED** disappears from the display.

Using the Timer

Your microwave oven can be used as a kitchen timer. This feature uses no microwave energy. It can be set up to 99 minutes.

Example: To set the timer as a 4-minute reminder.

PROCEDURE	DISPLAY
1. Touch TIMER.	*Enter Time in Min. and Sec.*
2. Enter time by touching the numbers in order: 4 0 0	*4:00 TOUCH START*
3. Touch START.	*3:59* Timer will begin count down.

Notes:

- To cancel the Timer during programming, touch STOP/CLEAR.
- To check the Timer during cooking, touch TIMER. Remaining time for Timer will be displayed briefly.
- When the Timer finishes during cooking, the oven will beep seven times. Remaining cooking time will then be displayed.
- When cooking time completes before timer has finished, the oven will beep four times. Remaining time for Timer will continue to countdown in display. END will be displayed when Timer is complete and oven will beep seven times.

Using Your Microwave Oven

Timed Cooking

This feature allows you to program a specific cook time and power level. The microwave oven can be programmed for up to 99 minutes.

Power levels represent a percentage of microwave power. See Page 12.

Example: You want the oven to cook for 5 minutes, 30 seconds at 80% power.

PROCEDURE	DISPLAY
1. Enter cooking time. 5 3 0	*5:30 TOUCH START OR POWER*
2. Touch POWER LEVEL.	*ENTER POWER LEVEL 1 TO 10*
3. Enter number to select power level: 8	*P - 80 TOUCH START*
4. Touch START.	*5:29* Cooking begins; time counts down.
5. Oven beeps when cooking is complete.	*END*

Manual Defrost

Manual Defrost is designed for speedy thawing of frozen foods and is one of the great advantages of a microwave oven.

Manual Defrost can be used to quickly thaw foods such as bread, rolls, vegetables, fruits and frozen dinners. QUICK DEFROST and AUTO DEFROST are preferred for meats and poultry because the oven is programmed with the defrosting time and power level.

You can defrost any frozen food, either raw or cooked, by using Power Level 3. Follow the same procedure for Timed Cooking: enter the estimated defrosting time and then touch 3 for 30% power level.

For raw or cooked foods, a good rule is to defrost approximately four minutes per pound. For example, for 1 pound of pasta sauce, defrost for four minutes.

Always check food periodically, stirring, rotating or separating defrosted portions of food. If food is not defrosted at end of defrost time, set the oven at Power Level 3 for one minute increments until food is thawed.

Popcorn

This feature allows you to use commercially packaged microwave popcorn. Use one fresh bag of popcorn. Place bag of popcorn on the center of turntable. Touch POPCORN to pop packaged popcorn weighing 1.75 to 3.5 oz. There is no need to touch START. Oven will start automatically and the word SENSING will scroll in the display.

Power Level Recommendations

The microwave oven has 10 power levels for cooking, reheating and defrosting. Lower power levels increase the cooking time and are used for foods containing cheese and milk or for cooking less tender cuts of meat. Refer to the chart below for suggestions:

Touch POWER LEVEL and then touch number	Approximate Percentage of Power	Use
10	**100%**	• Boiling Water • Making candy • Cooking poultry pieces, fish and vegetables • Cooking tender cuts of meat • Whole poultry
9	**90%**	• Reheating rice, pasta and vegetables
8	**80%**	• Reheating prepared foods quickly • Reheating sandwiches
7	**70%**	• Cooking egg, milk and cheese dishes • Cooking cakes and breads • Melting chocolate
6	**60%**	• Cooking veal • Cooking whole fish • Cooking puddings and custard
5	**50%**	• Cooking ham, whole poultry and lamb • Cooking rib roast, sirloin tip
4	**40%**	• Thawing meat, poultry and seafood
3	**30%**	• Cooking less tender cuts of meat • Cooking pork chops and roasts • Manual defrost
2	**20%**	• Taking chill out of fruit • Softening butter
1	**10%**	• Keeping casseroles and main dishes warm • Softening butter and cream cheese
0	**0%**	• Standing time

Smart Sensor Recommendations

For quick reference, open the door and refer to the menu label for available food categories. Touch SENSOR and code number of the category; then touch START. The word SENSING will scroll in the display during operation.

CODE	CATEGORY	DIRECTION	AMOUNT
1	Potato	Pierce each potato 5–6 times a fork and place on the oven tray around the edge, at least one inch apart.	1–4 pieces, approx. 10 oz. each
2	Fresh Vegetable	Wash, cut and prepare as desired. Rinse, leaving residual water on the vegetables. Place in an appropriately-sized microwave container; cover with plastic wrap; slit wrap to vent.	1–4 cups
3	Frozen Vegetable	Remove from package, rinse off frost under running water. Place in an appropriately-sized microwave container, cover with plastic wrap and slit wrap to vent.	1–4 cups
4	Frozen Entree	Remove from outer display package. Slit cover. If not in microwave safe container, place on plate, cover with plastic wrap and slit to vent.	10–21 ounces
5	Rice	Rinse one cup of rice several times and add two cups of liquid (water, beef, chicken or vegetable stock) in a two-quart microwaveable dish. Cover with plastic wrap or lid. After cooking, remove from the oven and allow to stand, covered, for 10 minutes. Fluff with a fork.	1/2–2 cups
6	Casserole	Assemble the ingredients as specified in the recipe in a 1-2 quart casserole. Cover with plastic wrap and slit to vent. After cooking is complete, allow 10 minutes standing time.	1–4 cups
7	Ground Meat	Crumble into an appropriately sized microwaveable container and push gently to the sides, leaving a void in the center. Season and cover with plastic wrap. Vent cover for well-done meat; cover dish when cooking ground meat that will be used in another dish and cooked again.	1/4–2 pounds
8	Fish, Seafood	Place the food around the sides of an appropriate microwave container. Season and add 1/4 – 1/2 cup liquid (wine, water, salsa, etc.). Cover with plastic wrap and vent.	1/4–2 pounds
9	Scrambled Eggs	Break eggs into a 4-cup measuring cup or 1-quart casserole. Cover with plastic wrap and vent. When cooking is complete, remove from oven, stir, and allow 1 – 2 minutes standing time.	2–5 eggs
0	Frozen Pizza	Use only frozen pizza made for microwave use. Follow package directions. After cooking, remove from oven and place on wire rack so crust will crisp further.	1–2 slices

If you open the door or press STOP during sensor cooking, the process will be canceled.

Using Your Microwave Oven

Auto Cook

Use this function to cook food without entering a cook time or power. Refer to the "Auto Cook Recommendations" below for more information.

Example: To cook 4 slices of bacon.

PROCEDURE	DISPLAY
1. Touch AUTO COOK.	*SELECT MENU 1 TO 6 – – SEE COOKING GUIDE BEHIND DOOR*
2. Enter 1.	*BACON TOUCH 2 TO 6 SLICES*
3. Touch 4.	*4 SLICES* Cooking begins automatically.

Auto Cook Recommendations

CODE	CATEGORY	DIRECTION	AMOUNT
1	Bacon	Place bacon strips on microwave bacon rack for best results. (Use dinner plate lined with paper towels if rack is not available).	2 to 6 slices
2	Frozen Roll/Muffin	Remove from package and place on plate. (If muffins are over 3 oz. each, count each as two when entering quantity.)	1 to 6 pieces (2-3 ounces each)
3	Fresh Roll/Muffin	Remove from package and place on plate. (If muffins are over 3 oz. each, count each as two when entering quantity.)	1 to 6 pieces (2-3 ounces each)
4	Beverage	Place container on turntable. Be careful: liquids can become superheated beyond boiling temperatures without bubbling. When the liquid is disturbed it may bubble suddenly and erupt. Stir liquids before and halfway through heating to avoid eruption.	1 to 2 cups
5	Chicken Pieces	Place the chicken pieces in an appropriately-sized microwaveable container, cover with plastic wrap and slit to vent.	1/2 to 2 pounds
6	Hot Cereal	Prepare as directed on package. Stir and allow standing time before eating. Use only instant hot cereal.	1 to 6 servings

If you open the door or press STOP/CLEAR during cooking, the process will be canceled.

Reheat

This feature allows you to reheat precooked room-temperature or refrigerated foods without selecting cooking times and power levels. The word SENSING will scroll in the display while reheating.

Reheat Recommendations

CODE	CATEGORY	DIRECTION	AMOUNT
1	Dinner Plate	Place foods to be heated on dinner plate or similar dish. Cover with plastic wrap. Slit to vent.	Approximately 1/2 –1 pound
2	Soup/ Sauce	Place foods to be heated in an appropriately-sized microwave container. Cover with plastic wrap. Slit to vent.	1–4 cups
3	Casserole	Cover dish containing the casserole with plastic wrap. Slit to vent.	1–4 cups

Using Your Microwave Oven

Personal Choice Features

PERSONAL CHOICE provides features which make personalizing your microwave oven easy. You can select SOUND ON/OFF, CLOCK ON/OFF, SCROLL SPEED and LBS/KG.

Example: To turn off beeper sound.

PROCEDURE	DISPLAY
1. Touch PERSONAL CHOICE	Five modes show
2. Enter number to select sound mode: Touch 1.	*SOUND ON TOUCH 1 OFF TOUCH 2*
3. Enter number to turn sound off: Touch 2.	*SOUND OFF*

NOTE: To turn beep sound back on, repeat steps 1-3 then touch number 1.

Example: To select Kg unit

PROCEDURE	DISPLAY
1. Touch PERSONAL CHOICE.	Five modes show
2. Enter number to select Lbs/Kg mode: Touch 4.	*LBS TOUCH 1 KG TOUCH 2*
3. Enter number to select kilograms: Touch 2.	*KG*

NOTE: To select LBS, repeat Steps 1-3 then touch number 1.

PERSONAL CHOICE OPTIONS

NUMBER	OPTION	KEYPAD SELECTION	RESULT
1	SOUND ON/OFF	1 2	Sound On Sound Off
2	CLOCK ON/OFF	1 2	Clock On Clock Off
3	SCROLL SPEED	1 2 3	Slow Speed Normal Speed Fast Speed
4	LBS/KG	1 2	Pounds Kilograms
5	DEMO ON/OFF	1 2	Demo On Demo Off

NOTE: *When the power cord is first plugged in, the default settings are Sound On, Clock On, Normal Speed, LBS, Demo Off.*

Using Your Microwave Oven

Defrosting

- For best results, remove fish, shellfish, meat, and poultry from original wrapping or packaging.
- For best results, shape your ground meat into the form of a doughnut before freezing. When defrosting, scrape off thawed meat when the beep sounds and continue defrosting.
- Place foods in a shallow container or on a microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.

Quick Defrost

This feature provides you with the quick defrosting method for one pound of frozen food.

Example: To defrost 1 pound of ground beef.

PROCEDURE	DISPLAY
1. Touch QUICK DEFROST.	*GROUND BEEF TOUCH 1* *CHICKEN PIECES TOUCH 2* *FISH FILLETS TOUCH 3*
2. Enter number to make selection: Touch 1.	*GROUND BEEF*
	Defrosting begins automatically and time counts down.

Auto Defrost

The defrost feature provides you with the best defrosting method for frozen foods. The cooking guide will show you which defrost sequence is recommended for the food you are defrosting. With the Auto Defrost feature, the oven automatically sets the defrosting time and the power levels. For added convenience, the Auto Defrost includes a built-in beep mechanism that reminds you to check, turn over, separate or rearrange the food.

Three different defrosting levels are provided for foods weighing 0.1 – 6.0 pounds:

1 MEAT
2 POULTRY
3 FISH

Example: To defrost 1.2 pounds of ground beef.

PROCEDURE	DISPLAY
1. Touch AUTO DEFROST	*MEAT TOUCH 1* *POULTRY TOUCH 2* *FISH TOUCH 3*
2. Enter number to make selection: Touch 1	*ENTER WEIGHT*
3. Enter number to enter the weight: Touch 1, then 2.	*1.2 LBS* *TOUCH START*
4. Touch START.	Defrost begins and time counts down.

NOTE: When you touch START, the display changes to defrost time countdown. The oven will beep twice during the DEFROST cycle reminding you to open the door and turn, separate or rearrange the food. Remove any thawed portions, if possible, and return frozen portions to the oven. Touch START to resume.

Auto Defrost Categories

CODE	CATEGORY	ITEMS
1	Meat	Ground beef, steak, beef cubes for stew, pot roast, rib roast, rump roast, chuck roast, hamburger patties, lamb chops, rolled lamb roast, pork chops, pork roast, hot dogs, spareribs, country-style ribs, rolled pork roast, sausage, veal cutlets
2	Poultry	Whole chicken (under 4 lbs.); cut-up, boneless breasts; whole Rock Cornish hens; turkey breast
3	Fish	Fish fillets, whole steaks, shellfish, crab meat, lobster tails, shrimp, scallops

Using Your Microwave Oven

Multi-Stage Cooking

For best results, some recipes call for different power levels during different stages of a cook cycle. You can program your oven to switch from one power level to another for up to two stages.

Example: To set a 2-stage cook cycle.

PROCEDURE		DISPLAY
1.	Touch COOK TIME.	*ENTER COOKING TIME*
2.	Enter the time by touching the numbers in order: 3 0 0	*3:00 TOUCH START OR POWER*
3.	Touch POWER LEVEL.	*ENTER POWER LEVEL 1 TO 10*
4.	Enter the power level by touching the number: 8	*P - 80 TOUCH START*
5.	Touch COOK TIME.	*ENTER COOKING TIME*
6.	Enter the time by touching the numbers in order: 7 0 0	*7:00 TOUCH START OR POWER*
7.	Touch POWER LEVEL.	*ENTER POWER LEVEL 1 TO 10*
8.	Enter the power level by touching the number: 5	*P - 50 TOUCH START*
9.	Touch START.	*3:00*
	When the first stage is over, you will hear two short tones as the oven begins the second cook stage.	
	Beeps sound at the end.	*END*

Cooking Tips

CAUTION: Do not use aluminum foil during cooking cycle.

Meat

1. No special techniques are required: Meat should be prepared as with conventional cooking. Season if desired. Always thoroughly defrost meat before cooking.
2. Place the meat on a microwave roasting rack or microwave-safe plate and place on the turntable.
3. Cook according to the Meat Cooking Recommendations (below). Use the longer time for large meats and the shorter time for smaller meats. For thicker chops, use the longer time.
4. Turn the meat once halfway through the cooking time.
5. After removing from microwave oven, cover loosely with foil. Allow to stand for 5–10 minutes. The standing time is very important as it completes the cooking process.
6. Make sure meat, especially pork, is thoroughly cooked and juices run clear.

Meat Cooking Recommendations

Meat	Microwave Power	Cooking Time Per Pound
BEEF		
Standing/Rolled Rib Roast		
- Rare	8	9 to 11 minutes
- Medium	8	9 1/2 to 11 1/2 minutes
- Well-done	8	11 1/2 to 14 minutes
Ground Beef (to brown for casserole)	10	6 1/2 to 9 1/2 minutes
Hamburgers, (4 oz. each) Fresh or defrosted		
- 2 patties	10	2 1/2 to 4 1/2 minutes
- 4 patties	10	3 1/2 to 5 1/2 minutes
PORK		
Loin, Leg	8	12 1/2 to 16 1/2 minutes
Bacon		
- 4 slices	10	2 1/2 to 3 1/2 minutes
- 6 slices	10	3 1/2 to 4 1/2 minutes

Poultry

1. No special techniques are required: Poultry should be prepared as with conventional cooking. Season if desired.
2. Poultry should be thoroughly defrosted. Remove giblets and any metal clamps.
3. Prick the skin and brush lightly with vegetable oil (unless the poultry is self-basting).
4. All poultry should be placed on a microwave roasting rack or a microwave-safe plate and placed on the turntable.
5. Cook according to the instructions in the Poultry Cooking Recommendations below. Turn pieces over halfway through the cooking time. Because of its shape, poultry has a tendency to cook unevenly, especially in very bony parts. Periodic turning helps to cook these areas evenly.
6. Let stand for 5-10 minutes wrapped in foil after cooking before carving. The standing time is very important, as it completes the cooking process.
7. Make sure poultry is thoroughly cooked before eating. Whole poultry is completely cooked when the juices run clear. Pierce with a sharp knife through the thickest part to ensure that the juices are clear and the flesh is firm.

Poultry Cooking Recommendations

Meat	Microwave Power	Cooking Time Per Pound
CHICKEN		
Whole	8	11 to 15 minutes
Breast (boned)	8	10 to 14 minutes
Portions	8	11 to 17 minutes
TURKEY		
Whole	8	11 to 15 minutes

Notes:

- The times listed above are only a guide. Allow for differences in individual tastes and preferences. The times may also vary due to the shape, cut and composition of the food.
- If whole poultry is stuffed, the weight of the stuffed bird should be used when calculating the cooking time.

Cooking Tips

Fish

1. Arrange fish in a large, shallow non-metallic dish or casserole.
2. Cover with pierced microwave plastic wrap or casserole lid.
3. Place the dish on the turntable.
4. Cook according to the instructions in the Fresh Fish Cooking Recommendations (below). Butter and lemon juice can be added to the fish, if desired.
5. Let stand as directed in the Cooking Recommendations before serving.
6. After standing time, check to see that the fish is thoroughly cooked. The fish should be opaque and flake easily.

Fresh Fish Cooking Recommendations

Fish	Microwave Power	Cooking Time Per Pound	Butter and Lemon Juice	Standing Time
Fish Fillets	10	4 1/2 to 8 minutes	Add butter as desired. 1 to 2 tbsp lemon juice (15 to 30 ml)	2 to 3 minutes
Whole Mackerel, Cleaned and Prepared	10	4 1/2 to 8 minutes		3 to 4 minutes
Whole Trout, Cleaned and Prepared	10	5 1/2 to 9 minutes		3 to 4 minutes
Salmon Steaks	10	5 1/2 to 8 minutes	Add butter as desired. 1 to 2 tbsp lemon juice (15 to 30 ml)	3 to 4 minutes

Trouble Shooting
Questions and Answers

QUESTION	ANSWER
Why is the oven light not on during cooking?	There may be several reasons why the oven light is not on. Have you: • Set a cooking time? • Touched START? • Checked the light bulb?
Why does steam come out of the air exhaust vent?	Steam is normally produced during cooking. The microwave oven has been designed to vent this steam.
Will the microwave oven be damaged if it operates when empty?	Yes. Never operate the oven when empty or without the glass turntable.
Does microwave energy pass through the viewing screen in the door?	No. The metal screen bounces the energy back to the oven cavity. The holes (or ports) allow only light to pass through. They do not let microwave energy pass through.
Why does a tone sound when the control panel is touched?	The tone tells you that the setting has been entered.
Can my microwave oven be damaged if food is cooked for too long?	Like any other cooking appliance, it is possible to overcook food to the point that the food creates smoke and even possibly fire and damage to the inside of the oven. It is always best to be near the oven while you are cooking.
When the oven is plugged into wall outlet for the first time, it did not work properly. What is wrong?	The microcomputer controlling your oven may temporarily become scrambled when you plug it in for the first time or when power resumes after an interruption. Simply shut the power off at the house electrical breaker for a moment then turn it back on to reset the microcomputer.
Why do I see light reflection around the outer case?	This is the oven light, located between the oven cavity and the outer wall of the oven.
What are the various sounds I hear when the microwave oven is operating?	The clicking sound is caused by a mechanical switch turning the microwave oven's magnetron on and off. The change in blower speed is due to the change in line voltage caused by the magnetron being turned on and off.

Trouble Shooting
Questions and Answers

QUESTION	ANSWER
What is wrong when baked foods have a hard, dry, brown spot?	A hard, dry, brown spot indicates overcooking. Shorten the cooking or reheating time.
Why do eggs sometimes pop?	When baking, frying, or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk with a wooden toothpick before cooking. CAUTION: Never microwave eggs in the shell.
Why are scrambled eggs sometimes a little dry after cooking?	Eggs will dry out when they are overcooked. The cooking time may need to be varied for one of these reasons: • Eggs vary in size. • Eggs are at room temperature one time and at refrigerator temperature another time. • Eggs continue cooking during standing time.
Is it possible to pop popcorn in a microwave oven?	Yes, if using one of the two methods described below: (1) microwave-popping devices designed specifically for microwave cooking. (2) prepackaged commercial microwave popcorn that is made for specific times and power output needed. **CAUTION:** • Follow exact directions given by each manufacturer for its popcorn popping product and do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested time, discontinue cooking. • Never use a brown paper bag for popping corn or attempt to pop leftover kernels. • Overcooking could result in an oven fire.
Why do baked apples sometimes burst?	The peel has not been removed from the top half of each apple to allow for expansion of the interior of the apple during cooking. As in conventional cooking methods, the interior of the apple expands during the cooking process.
Why do baked potatoes sometimes burn?	If the cooking time is too long, fire could result. At the end of the recommended cooking time, potatoes should be slightly firm. CAUTION: Do not overcook.
Why is a standing time recommended after microwave cooking time is over?	Standing time allows foods to continue cooking evenly for a few minutes after the actual microwave oven cooking cycle. The amount of standing time depends upon food density.
Why is additional time required for cooking refrigerated food?	As in conventional cooking, the initial temperature of food affects total cooking time. You need more time to cook food taken out of a refrigerator than for food at room temperature.

Trouble Shooting

Before Calling for Service

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the list below and try the solutions listed for each problem. If the microwave oven still does not work properly, refer to Page 24 to obtain service.

PROBLEM	POSSIBLE CAUSES
Oven does not start	Is there power to the oven? Is the door closed? Is the cooking time set?
Arcing or sparking	Are you using approved cookware? Is the oven empty?
Incorrect time of day	Have you tried to reset the time of day?
Unevenly cooked foods	Are you using approved cookware? Is the glass turntable in the oven? Did you turn or stir the food while it was cooking? Were the foods completely defrosted before cooking? Was the time and cooking power level correct?
Overcooked foods	Was the time and cooking power level correct?
Undercooked foods	Are you using approved cookware? Were the foods completely defrosted before cooking? Was the time and cooking power level correct? Are the ventilation ports clear?
Improper defrosting	Are you using approved cookware? Was the time and defrosting power level correct? Did you turn or stir the food during the defrosting cycle?

FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT (U.S.A. ONLY)

⚠ WARNING:

This equipment generates and uses ISM frequency energy and if not installed and used properly in strict accordance with the manufacturer's instructions, may cause interference to radio and television reception. It has been type tested and found to comply with limits for ISM Equipment pursuant to part 18 of FCC Rules, which are designed to provide reasonable protection against such interference in a residential installation.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause interference to radio or television reception, which can be determined by turning the oven off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient the receiving antenna of the radio or television.
- Relocate the microwave oven with respect to the receiver.
- Move the microwave oven away from the receiver.
- Plug the microwave oven into a different outlet so that the microwave oven and the receiver are on different branch circuits.

The manufacturer is not responsible for any radio or TV interference caused by unauthorized modification to this microwave oven. It is the responsibility of the user to correct such interference.

Care of Your Microwave Oven

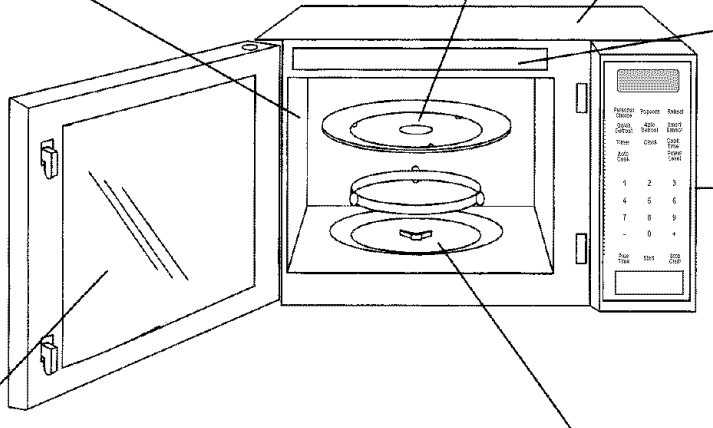
BEFORE CLEANING
Open oven door to prevent oven from accidentally turning on.

AFTER CLEANING
Be sure to replace the Roller Ring and Glass Tray in the proper position and press STOP/RESET to clear the screen.

Outside Oven Surfaces
Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.

Inside of the Oven
Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergents or abrasives is not recommended.

Glass Tray
Remove and wash in warm, soapy water or in a dishwasher.



Menu Label
Do not remove.
Wipe with damp cloth.

Control Panel
A removable protective film is installed at the factory to prevent scratches during shipping. To remove film, apply masking or clear tape to an exposed corner and pull gently. If the control panel becomes wet, clean it with a soft, dry cloth. Do not use harsh detergents or abrasives on the Control Panel.

Oven Door
Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. During cooking, especially under high-humidity conditions, steam is given off from food. (Some steam will condense on cooler surfaces, such as the oven door. This is normal.) The inside surface is covered with a heat and vapor barrier film. Do not remove.

Roller Ring and Oven Cavity Floor
Wipe the oven bottom surface with mild detergent, water or window cleaner and dry. Roller Ring may be washed in mild soapy water or a dishwasher. These areas should be kept clean to avoid excessive noise.

Bosch® Built-In Microwave Oven Warranty

For Models: HMB402/HMB405/HMB406

WHAT IS COVERED

For one full year from the date of installation or date of occupancy for a new previously unoccupied dwelling, any part which fails in normal home use will be repaired or replaced free of charge. Save your dated receipt or other evidence of the installation/occupancy date. Bosch® will pay for all repair labor and replacement parts found to be defective due to materials and workmanship. Service must be provided by a Factory Authorized Service Agency during normal working hours.

WHAT IS NOT COVERED

1. Service by an unauthorized agency. Damage or repairs due to service by an unauthorized agency or use of unauthorized parts.
2. Service visits to:
   - Teach you how to use the appliance.
   - Correct the installation. You are responsible for providing electrical wiring and other connecting facilities.
   - Reset circuit breakers or replace home fuses.
3. Damage resulting from accident, alteration, misuse, abuse, improper installation or instal-lation not in accordance with local electrical codes or plumbing codes, or improper storage of the appliance.
4. Damage due to other than normal home use.

HOW TO OBTAIN SERVICE

For authorized service or parts information, call (800) 828-9165.

We want you to remain a satisfied customer. If a problem does come up that cannot be resolved to your satisfaction, please write to:

Bosch Customer Support
5551 McFadden Avenue
Huntington Beach, CA 92649

or phone (800) 828-9165.

Please include the model number, serial number and date of original purchase and installation.

WARRANTY APPLICATIONS

This warranty applies to appliances used in normal family households; it does not cover their use in commercial situations.

This warranty is for products purchased and retained in the 50 states of the U.S.A., the District of Columbia and Canada. The warranty applies even if you should move during the warranty period. Should the appliance be sold by the original purchaser during the warranty period, the new owner continues to be protected until the expiration date of the original purchaser's warranty period.

BOSCH DOES NOT ASSUME ANY RESPONSIBILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state or province to province.

SERVICE DATA RECORD

The location of the microwave identification plate and serial number on the product can be seen on the left side of control panel when the door is open (see Page 6). Now is a good time to write this information in the space provided below. Keep your invoice for warranty validation.

Model Number:
Serial Number:
Date of Installation or Occupancy:

We reserve the right to change specifications or design without notice. Some models are certified for use in Canada. Bosch is not responsible for products which are transported from the U.S. for use in Canada. Check with your local Canadian distributor or dealer.

For the most up to date critical installation dimensions by fax, use your fax handset and phone (775) 833-3600. Use code #8030.

BOSCH

BSH Home Appliances Corp.
Bosch Customer Support Call Center, 5551 McFadden Avenue, Huntington Beach, CA 92649 • (800) 828-9165
9000002506 Rev. A • © 2003 BSH Home Appliances Corp. • Litho U.S.A. 12/03

P/NO.:3828W5A3634
Printed in Korea